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NEWSLETTER**

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社内報**

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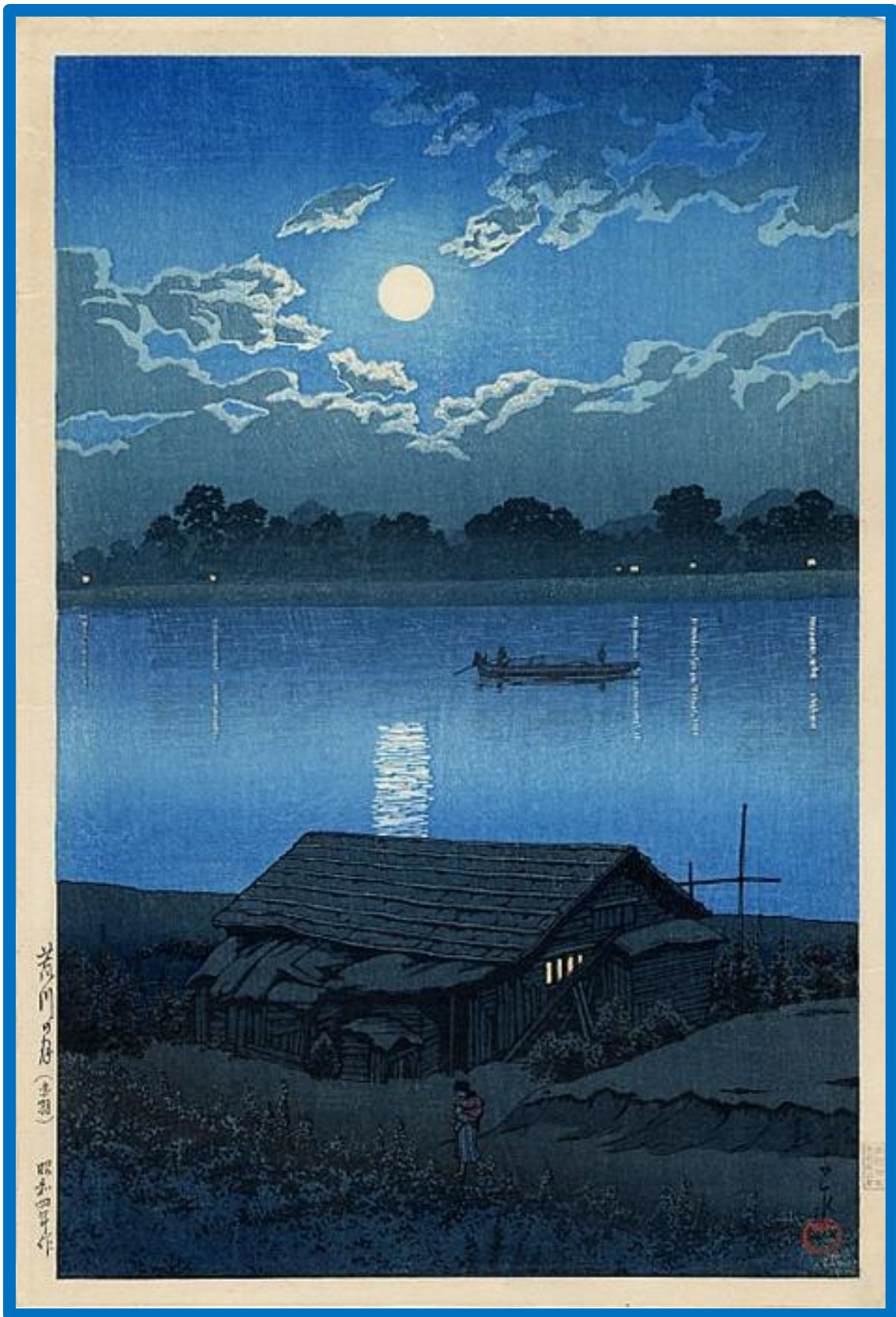
Seiwa Kai Columbia

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Woodblock Print by Hasui, Kawase: *Moon over the Ara River, Akabane* (1929)

The Production of a Japanese Woodblock Print

Editor's Note: The Japanese visual arts have intrigued me since I was a child, and they are one of the reasons that I was drawn to the Japanese martial arts as a young man. Let us not forget that Miyamoto Musashi, Japan's most well-known swordsman, was also an extremely accomplished visual artist. Believing that some of our readers may feel similarly about the Japanese arts, I have included a brief description of the process involved in the making of a Japanese woodblock print.

A Publisher, an Artist, and many Artisans

A Japanese woodblock print is a limited production work of art, and usually two hundred editions were printed. However, a particularly popular print might have had over a thousand copies made. The process of making the print was extremely complex, and involved a publisher, an artist, and many artisans. The publisher handled all of the financial aspects of the production and typically had the artisans working directly for him. The artist was commissioned by the publisher and was typically paid a set fee for his work.

The Artist

The artist would begin by making a detailed sketch. These artists (as well as the artisans described below) were almost universally male. However, a few female artists drew the sketches prior to the Meiji period which began in 1867. Although many artisans were involved in the print making process, the artist received sole credit for the work of art.

The Block Carvers

The artist's sketch would then be passed on to the block carvers. It typically took ten years to become a proficient block carver. This artisan would take the artist's detailed sketch and make a block for each color on the print. On the Hasui Kawase print above, there are at least eight colors some of which are only subtly different, but which would nonetheless require a separate woodblock. Some woodblock prints have fifteen colors in them. In addition to the colors, special effects such as white-on-white bird feathers or clouds were done without ink by pressing three dimensional shapes into the paper itself. These separate blocks for each color and the special effects all had to align perfectly for the final print to look right. The blocks were made of carefully selected, aged, and cured cherry wood. The most detailed sections of the print were carved by the master block carver; the rest was produced by his apprentices.

The Printers

The printers made their own inks from vegetable and mineral pigments. These pigments were then ground and mixed with the correct amount of water and stored in separate porcelain bowls. Horsehair brushes were used to apply ink to the woodblocks and pressure was applied to the blocks with a specialized tool so that the ink was actually imbedded into the special mulberry paper.

Final Product of Art

Whereas one person receives the credit for these works of art, a Japanese woodblock print is actually the intricate and well-coordinated work of an artist and many highly skilled artisans. Perhaps the same can be said for Goju Ryu. Miyagi Chojun Sensei is the martial artist who created Goju Ryu, and it has been the dedicated and well-coordinated efforts of many highly skilled martial artisans who are responsible for preserving and presenting his martial art to the world.

Describing Water

By Jim Pounds



There is a time for talking, but it is usually not in the dojo. At least that has been my experience over the years. I shudder when I enter a training area where the practitioners are more interested in discussing their art than in actively training. There's a time and a place for everything.

All the best Senseis I ever trained with were adamant about minimizing the chatter. Takuan's saying "You may explain water, but the mouth will not become wet" is well worth remembering. Time in the dojo is time for understanding through our physical senses – a time for sweat, movement, and repetition – things understood within our muscles and neurological systems. The brain is typically over stimulated by our daily environment and is best left as close to alpha state as possible. Yes, the same brain waves as in deep sleep can be duplicated by both meditation and hard physical exercise - hopefully both a part of your training regimen. Martial arts must be internalized through practice, practice, practice. "Mo ichi do!" (*One more time!*) is often heard in a traditional dojo. Repetition makes for muscle memory.

My Sensei says: "God gave us two eyes, two ears, but only one mouth. That tells me He wants us to observe, listen, and shut up!" I've found I can observe and listen while I train hard, but it means I have to use my mouth for breathing instead of talking.

The time for reflecting, philosophizing, and general analysis is after training. We feel best when we leave the dojo spent. Confidence comes from knowing our conditioning is superb. It is later, when we are resting, that is best for reflection about training.

Martial scholarship and true philosophy is typically expected of advanced dan ranks – those with years of physical training "under their belts." It is generally understood that only after many years of training and after many battles, both internally and against opponents, does one earn the right, or is even capable of in-depth analysis of their art. It was no accident Mushashi Miyamoto, the Japanese Kensei (Sword Saint), did not write his famous treatise *Go Rin No Sho* [*The Book of Five Rings*] until after 60 years of life and after more than 60 duels. It was only then he felt qualified to pass on the philosophy formulated over those years. If he'd been talking and not training in his younger days he most certainly would have lost his head. Don't lose yours.

Seiwa Kai Humor



The 10 Commandments of Karatedo:

Commandment # 1

**Thou Shall Not
Talk More Than
Thou Trains.**

The Fragmentation of Karate in the United States

By Guest Essayist Kay K. Sakaue



Editor's note: Kay Sakaue is a member of the Eibu Kan Goju Ryu Karatedo and the JKF Goju Kai. We often see Sakaue Sensei training at our Seiwa Kai Seminars where he also acts as an interpreter for Fujiwara Sensei. The Seiwa Kai and the Eibu Kan often work together on JKF Goju Kai gradings. Kay has given us permission to republish this article which originally appeared in his blog.

Fragmentation of Karate in the United States is a reality. This issue of non-standardization is not a new argument in the Karate community. This is actually an age-old issue that is currently being fought in legitimate and some not so legitimate circles of Karate regardless of what style or group you belong to. Here in the United States, we sometimes choose not to address it because we figure that standardization is a farce. The argument against standardization is that it breaks from traditional training, or it takes away from the "martial" aspect of the Karate and therefore makes the system inefficient because it concentrates on tournament fighting. These are good arguments in my eyes; however, I think we are not seeing the benefits from standardization.

"What benefits are you talking about?" the skeptic always asks me. Well let me go into it so that I can keep the age old argument running.

First let me offer my disclaimer. In the big scheme of things...this is just my opinion. However, it is also my opinion that a practitioner needs to train on different levels. A practitioner needs to know if his or her technique is viable in actual situations. This kind of training must be done in conjunction with normal kihon ("basic") training, and I consider this to be a very specialized portion of an individual's Karate training. This type of training is mainly for advanced black belts and involves vital striking and takedowns to finish your opponent with one technique. A practitioner needs to know if they can control their technique and apply this control to protect oneself and others in a given situation. This level of proficiency cannot be attained unless you have a good understanding and mastery of kihon.

Before I proceed to discuss standardization, it is important to understand that my opinion is derived from these ideologies.

Standardization vs. Specific Training

I believe that specific training, especially for traditional "martial" training comes directly from whatever lineage you pull from. This is where "dojo" techniques are passed down. They are specialized techniques which your dojo organization passes down to those who are capable. The Japanese call this passing on of the dojo's specialized techniques "Tokui Waza." Some dojos concentrate on the Tokui Waza as well as the traditional application of their Kata and do little or nothing else. While this may be old fashioned, this is not incorrect. They are just practicing what

has been passed down to them. However, I do not think that this can be standardized, and here's why.

Take Jeet Kune Do for example. This was a style that Bruce Lee developed. With the popularity of Bruce Lee and the legacy he left all around the world, this style still continues to produce students. However, the question is, "Has Jeet Kune Do evolved?" Many believe, including myself, that while the system is viable, the system will not grow beyond what Bruce Lee left behind in his Tao, videos, books, and other material that is being coveted by the system's practitioners... meaning, that a lot of Jeet Kune Do's specialization died with Bruce Lee. While it began as a unique system, it will eventually stay the same as many of the schools we have here in the United States, masterless and unevolving.

However, take Kyokushinkai Karate for example. While a different style of martial art all together, the system has evolved and continues to evolve because of two different principles. First there is the Teaching of Sosai Mas Oyama, and secondly there is the will to train harder and to become stronger according to Oyama's focus. While each Kyokushinkai Dojo maintains the spirit of Mas Oyama's teachings, each Kyokushikai Dojo has individuals who continue to produce students who have the will to train harder and become stronger. With the help of MMA greats like George St. Pierre, Kyokushinkai Karate continues to grow and has contributed to the argument that Standardization does work in certain avenues. Even after Mas Oyama's passed away, the spirit of his two principles allows this style to grow and evolve.

Training with Nationally or Internationally Recognized Karate Organizations and Instructors Gives Legitimacy to an Organization and Reduces the Fragmentation of Karate

I may speak about legitimate and illegitimate schools here in the United States, however, please do not take it the wrong way. When I describe illegitimate schools, I do not mean that they have no merit. What I mean is that the school is illegitimate because of choice or due to circumstance. Part of my goal is to communicate to these schools and let them know that there is a good chance of connecting them with their original lineage as long as the instructors can leave the egos and profit motive at the dojo door. While my personal journey has just begun to connect with existing American Goju schools and systems, I'd like to open my doors to those who may have questions. This is only possible with being a part of the largest national organization in Japan, the Japan Karatedo Federation (all styles, also known as Zen Ku Ren or Zen Nippon Karatedo Renmei).

My point is that while these illegitimate schools may not have a connection with any of the JKF organizations (Shotokai, Shitokai, Wadokai, Gojukai, or all style), there is a good chance that joining one of these organizations and standardizing your training will improve your Karate by reconnecting you with experts and thus deepening your resources.

To my knowledge, there are many schools that take great pride in the fact that they were developed by some of the founding fathers of American Karate such as Peter Urban or Ed Parker. Many of these schools are on the eastern seaboard. Throughout several generations of their development, these schools have taken on an existence of their own and have a forgotten that there is depth of knowledge out there that they can tap into.

I truly believe that Karate instructors here in the United States, regardless of style, need to build their network and increase their resources. Groups like the USNKF, the Japan Karatedo Federation (All Styles or the individual style) or others such as the IOGKF or IKO can be a huge part of that resource pool. We can help each other out and help Karate in the U.S. to grow and improve. This is a massive undertaking, but I believe that one day it can succeed.

Please realize that standardized training doesn't mean learning "shitei" kata or toning down the intensity of your Karate. It means combining your dojo's knowledge with the knowledge of other instructors. It means learning from those who are recognized by the global Karate community and using them as a resource. It means maintaining your training in addition to the training you receive from these National Organizations. Many dojos, like mine, require you to rank with both the dojo and a national organization. These organizations are here to help you, not to take over what your traditional dojo training dictates. The training may not always agree on certain aspects with your dojo training, but the training will help you see things from another perspective.

Keep training - Yoroshiku Onegaishimasu!

Spotlight on Pennsylvania Seiwa Kai



Chief Instructor Sean O'Leary Wyoming Valley Goju Ryu Karate Academy

Pennsylvania Seiwakai is headed by Sean O'Leary Sensei. Originally from Staten Island, NY, Sean began his martial arts training in Shotokan Karate in 1986 at the age of 10. In 1988 Sean began training at the *House of Karate* and was introduced to Goju Ryu Karate-do. His interest in taking up martial arts arose from several factors, an important one being that the neighborhood where he grew up. Although violence wasn't random, it was to be expected.

In 1991, his family moved to Melbourne, Florida. Despite being relocated he maintained contact with his instructors at the *House of Karate* and continued to train. He followed a consistent daily regimen and made periodic trips back to NYC for training and evaluations. In 1992, Sean graded for and earned his Shodan.

In 2002 Sean settled in the Wilkes Barre/Scranton area of Northeast Pennsylvania where he now resides with his wife and daughter. Over the years, he not only continued to practice and train in Goju Ryu but also in various other martial arts such as Aikido, Jiu Jitsu, Iaido, and Kendo. However he never immersed himself in any of those arts as he did with Goju Ryu, having always viewed Goju Ryu as the core foundation to his martial arts study.

In 2010, Sean Sensei was involved in a motor vehicle accident which left him immobilized for the better part of a year. Although unsure of what was in store for him during his road to recovery, he focused on his physical therapy, did plenty of reading, and practiced meditation. He discontinued his pain medication within two months of the accident and did what martial art practitioners do – endure and move forward. Determined to make a full recovery and get back to his everyday life, he pushed through months of pain and overcame his limitations.

By late 2011, Sean Sensei was back to training although he was not 100%. He was still undergoing physical therapy, struggling with pain, and unable to walk completely normally. Practicing kata proved painfully difficult for him, particularly when transitioning in and out of low stances. It would be another year or so of therapy and conditioning before he would be as close to fully recovered as he could be. Despite these difficulties, Sean was able to grade for and earn both his Nidan and Sandan from the *House of Karate*.

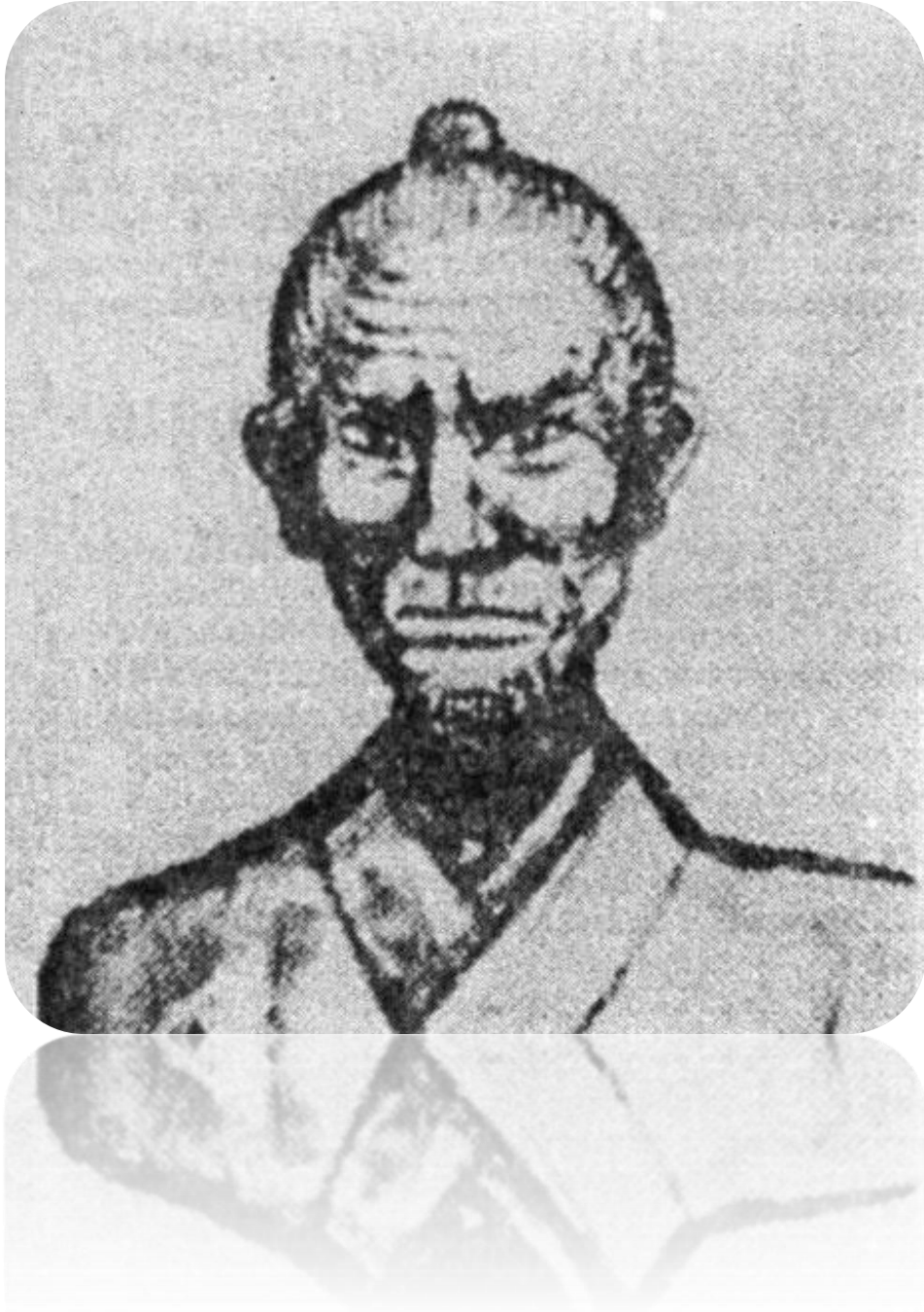
In 2012, he established *Wyoming Valley Goju Ryu Karate Academy*, teaching classes from the Kingston Recreation Center in Kingston, PA. Since he began teaching there, he has seen his class sizes expand and contract regularly with the seasons, a pattern he first observed while he was a student at *House of Karate* in Staten Island many years before. However he does have a decent number of dedicated students who believe in him as their teacher. As a Sensei, Sean believes that

it's his obligation to ensure that his students have opportunities to grow beyond what he can teach them. This is why Sean Sensei joined *Goju Ryu Karate-do Seiwakai*. He has one student, Jeremy Burton, who has graded and earned Shodan within the dojo, and two more students who are will be grading for their Shodans in July.

Sean Sensei has known Kevin Moskie Sensei (Head Instructor of *New York Seiwakai*) for many years. In 2014, Kevin Sensei invited Sean Sensei to the first *Goju Ryu Karate-do Seiwakai* seminar on the east coast of the United States, which was taught by Vassie Naidoo Shihan. After introductions were made, and training and discussions took place, Sean Sensei observed that *Seiwakai* ensures that students who train with them receive good quality instruction and a thorough understanding of the art. Sean decided that the best thing he could do for himself and for his students is to join the *Seiwakai*. Sean Sensei became an official member at the closing of 2014. He has since renamed his dojo *Pennsylvania Seiwakai*.

Sean Sensei works at Luzerne County Community College in Nanticoke, PA as an officer with the Campus Security Department. He also conducts presentations and seminars on the topics of violence, situational awareness, personal safety, and self-defense.

SOKON *BUSHI* (WARRIOR) MATSUMURA



松村(戦士)宗棍

1809 – 1902 (?)

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The precise history of karate's early years and early masters is not entirely clear. For example, the exact years of Sokon Matsumura's birth and death differ from one researcher to another, but the dates that I have given are based on the year (1896) that Shoshin Nagamine reported that Mr. Matsumura celebrated his 88th birthday and the age (93) at which Gichin Funakoshi reported that Mr. Matsumura died.[i] That would mean that he was born in 1809 and that he died in 1902.

While some researchers have reported that Sokon Matsumura studied under Takumi Sakugawa, there is not total agreement on this issue. Mr. Funakoshi stated that he studied under a Chinese attaché named Iwah, but other reliable sources claim that he studied under a Chinese attaché named Wai Shin Zan. Still others claim that he studied in Fuzhou, China under an instructor named Ason, and there also reports that Mr. Matsumura traveled to Beijing, China and studied in a school called Shan P'u Ying (Camp of Skillful Fighters).[ii]

Although we are not certain of the exact years of his birth and death or who his teachers actually were, it is safe to state that his karate was greatly influenced by the Chinese martial traditions. Whether he trained under *Tode* (China-Hand) Sakugawa, under a Chinese attaché, or in China, it was the Chinese martial arts tradition that influenced his karate.

However there are some facts about *Bushi* Matsumura which are quite clear. For instance, we know that he was born into the nobility of Okinawa. We also know that his scholarship and calligraphy skills enabled him to pass the examination which allowed him to become an Okinawan governmental official. Furthermore, we know that Mr. Matsumura believed that the study of the martial arts, academic scholarship, and Confucian morality all went hand in hand.[iii]

It is also documented that Mr. Matsumura was the bodyguard to three Okinawan kings. Moreover, there is a plethora of stories about Mr. Matsumura which were originally circulated through oral tradition and that were later printed in various books, "but it is very difficult to separate fact from fable." [iv] With that caveat in mind, I have selected two often told and plausible stories about this great karate master.

MATSUMURA and the BULL

One of the most often told and most plausible stories involves a bull fighting contest which was sponsored by the king of Okinawa. Matsumura was selected to fight the bull in this annual event to which the general population of Okinawa was invited. Matsumura developed an ingenious strategy for defeating the bull. Prior to the scheduled date for the match, Mr. Matsumura visited the bull keeper, and he made several requests. The first request was to visit the bull, and the next request was that the keeper securely tethered the bull during the visits. The final request was that the keeper should tell no one that he was coming to see the animal. The bull keeper agreed to all of Matsumura's requests.[v]

Matsumura then put on his battle gear and mask, and went to see the bull. He walked up to the securely tethered animal, pulled a needle from his sleeve, and thrust the needle into the bull's nose. The bull bellowed in pain, but because of the secure tethers the bull could not harm his tormentor. Mr. Matsumura repeated this procedure every day, and the bull learned to recognize and fear the sight and smell of the man who was the cause of the daily pain. On the day of the public event the bull was led into the ring. When Mr. Matsumura entered the ring wearing his battle gear and mask, the bull sniffed the air, looked at Matsumura, bellowed and ran from the ring. The crowd responded with a tremendous cheer, and *Bushi* Matsumura's reputation as a great warrior was greatly enhanced.[vi]

It seems as if Mr. Matsumura understood the psychological principle of creating a conditioned response in a bull before Ivan Pavlov introduced this concept with his dogs. Pavlov's dogs learned to associate the sound of a bell with food and responded with salivation. Matsumura's bull learned to associate the sight of his gear and mask with intense pain and it responded with fear.

MATSUMURA and UEHARA

Another story which is frequently told and which is also quite plausible involved a man named Uehara who challenged Sokon Matsumura to a match. Uehara was a craftsman and not of the same social status as Mr. Matsumura who was of the noble birth. He asked Mr. Matsumura for a lesson in karate, but the great master and bodyguard to the king of Okinawa replied that he no longer gave lessons, and he also stated that he was no longer in the employment of the royal household. He explained that while he was giving a lesson to the king, he became troubled by the king's attitude toward karate practice. Mr. Matsumura told Uehara that while the king's techniques possessed strength, his strategy lacked maturity.[vii]

He then explained: "I decided to take advantage of the situation and teach our lord a well-deserved lesson... I decided to give him a taste of the consequences when one fails. That's why I let him have it." [viii] Mr. Matsumura explained that as the sparring session began the king initiated the attack with an ill-conceived double jump kick, and Mr. Matsumura responded with a vigorous counter attack. He blocked the first kick then swept the king's remaining leg, and the king went flying. Before the king hit the ground, Matsumura struck him in the body. The king landed, was injured, and unable to get up. Mr. Matsumura explained to Uehara that he was immediately dismissed from the service of the royal household and that he was no longer teaching karate to anyone.[ix]

Still Uehara insisted that Mr. Matsumura teach him karate. Mr. Matsumura became irritated and snapped: "No lessons. Besides you are a well-known martial artist. Why do you need a lesson from me?" [x] Uehara went on to explain that while the lesson in karate was not a necessity he felt that

it would be interesting to see how the instructor of the king really taught. Since he and Uehara were of different social classes, Mr. Matsumura considered this line of conversation both insolent and irreverent, and he tersely replied: “Are you deaf? I have already said I’ve stopped giving lessons.”[xi]

Uehara could tell that Matsumura had become angry and he decided to go forward with his real intention. He challenged Mr. Matsumura to a match knowing that a victory over the king’s karate teacher would greatly enhance his own reputation as a fighter. The great master accepted the challenge but warned Uehara that such a fight could end in death. The time and the place for the match were set for the next day at 5:00 A.M. in Okinawa’s royal cemetery. As they parted for the evening, Matsumura turned to Uehara and gave him one final caveat: “It is said that when two tigers fight, one is wounded, the other surely dies.”[xii]

Uehara arrived at the graveyard an hour early in an attempt to familiarize himself with the terrain and gain an advantage over Matsumura. When he arrived, Uehara found the graveyard shrouded in fog and mist. The visibility was so poor that it was difficult to make out the grave stones. As he walked around familiarizing himself with his surroundings, he heard a noise coming from the mist and was startled.[xiii] The next thing he heard was a low voice: “I have been waiting.”[xiv]

Uehara now realized that Matsumura had arrived even earlier than he, and that it was Matsumura who possessed the advantage of being familiar with the terrain. Uehara became unnerved by this realization and began to lose his composure. However, he was determined to continue with the fight and win a victory over the king’s karate teacher. He looked at Matsumura readied himself for an attack. He saw Matsumura standing motionless in the fog and mist staring at him with a calm and determined expression. At this point, Uehara began to question if he should have ever issued a challenge to the great teacher. Then he attempted an attack but stopped. Matsumura never flinched. Uehara attempted two more unsuccessful attacks before he completely lost his resolve. Uehara dropped to his knees, a defeated man. All the while, Matsumura never changed his expression and never altered his posture.[xv]

Uehara then spoke to Matsumura: “I have no excuse. What a fool I was to challenge you... I couldn’t move my hands or feet... I was terrified... all I felt was fear.”[xvi] Matsumura then explained to Uehara what had happened and offered him some advice: “All along, your mind was filled with the thought of winning, while I was prepared to die. That was the only important difference. Until you challenged me yesterday, I was worried about many things, mainly my position at the castle... I was attached to my personal situation... When one is free of attachments, there are no obstacles or hindrances. There is no fear.”[xvii]

Mr. Matsumura realized that attachment to one’s position in society or attachment to prospect of victory would cause a fear of losing what one is attached to, and this fear would cause defeat. Mr.

Matsumura had emptied himself of his attachment to his position at the royal household before he arrived at the graveyard for the fight. Mr. Matsumura left his fear behind. However when Uehara arrived for the fight, he was still attached to the idea of winning victory over the famous karate teacher. Uehara was defeated by the fear of losing the glory that he sought.

Perhaps this is a message for all of us. Attachment to glory, attachment to status, or attachment to wealth will defeat us in one way or another. Being empty of these attachments is the path of Karatedo.

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- [i] Cook, Harry: *Shotokan Karate*: pages 16-17
 - [ii] Cook, Harry: *Shotokan Karate*: page 17
 - [iii] Cook, Harry: *Shotokan Karate* , page 19
 - [iv] Cook, Harry: *Shotokan Karate*: pages 17-19
 - [v] Kim, Richard: *The Weaponless Warriors*: pages 38-39
 - [vi] Kim, Richard: *The Weaponless Warriors*: pages 39-40
 - [vii] Funakoshi, Gichin, *Karate-Do Nyumon*: pages 101-103
 - [viii] Funakoshi, Gichin, *Karate-Do Nyumon*: page 103
 - [ix] Funakoshi, Gichin, *Karate-Do Nyumon*: page 103
 - [x] Funakoshi, Gichin, *Karate-Do Nyumon*: page 103
 - [xi] Funakoshi, Gichin, *Karate-Do Nyumon*: page 104
 - [xii] Funakoshi, Gichin, *Karate-Do Nyumon*: page 104
 - [xiii] Kim, Richard: *The Weaponless Warriors*: pages 41-42
 - [xiv] Kim, Richard: *The Weaponless Warriors*: page 42
 - [xv] Kim, Richard: *The Weaponless Warriors*: page 42
 - [xvi] Funakoshi, Gichin, *Karate-Do Nyumon*: page 108
 - [xvii] Funakoshi, Gichin, *Karate-Do Nyumon*: page 108

Great Lakes Sewia Kai Seminar with Vassie Naidoo Shihan Official Olympic Day Event



Forty-three students from Ohio and Michigan attended one or more of the 5 sessions of the Great Lakes Seiwa Kai Goju Ryu Karatedo Seminars on June 5, 6, and 7. The seminars were also an Official Olympic Day event commemorating the birth of the modern Olympic Games on June 23, 1894. More than 160 countries around the globe took part in this year's Olympic Day celebration. The mission of these events is to promote fitness, well-being, culture, and education. The seminars were taught by Vassie Naidoo Shihan, President and Chief Instructor of Seiwa Kai Goju Ryu Karatedo USA. Vassie Shihan covered Goju Ryu Kihon, Kata, and Kumite. As usual, instruction was given in minute detail, and demonstrations of bunkai applications made lasting impressions.





*The following comments from my long-time friend, **Mike Galose**:*



Although I am not a member of [the Seiwa Kai or the] JKF Goju Kai, I have been practicing Karate-Do for over 40 years. I have trained with the Rengokai on three separate occasions in Okinawa, Japan. That said, I have practiced with some of the top notch Sensei(s) on Okinawa and can say this from an objective standpoint. Shihan Vassie Naidoo ranks with the best of the best. It would be tacky to name names or organizations. It was very skillful the way we were trained in the seminar I attended. We began with a light jumbi undo and then proceeded to Kihon Waza, and performed numerous punches and blocks from a low shiko dashi. We then proceeded to Sanchin Kata and Sanseiru Kata.

Explanations were provided in the most minute detail on why the techniques have to be performed the way they were traditionally taught. Shihan Naidoo was inspirational because he did the "spirit training" from a low shiko dachi right alongside of the students! Moreover, he showed techniques to break limbs, foot-sweeps, and a setup for a knee break all contained within Sanseiru. I was impressed with Shihan's execution of techniques. It was just so smooth and flowing, and yet devastating in application. In talking to Shihan Naidoo prior to the seminar, his love for teaching became readily apparent. True Karate Do exists with JKF Goju Kai. I was very fortunate to train with Shihan Naidoo and Sensei Cramer. Thank you for helping to teach "an old dog, new tricks ". In Budo, Mike Galose.



Seiwa Kai Goshukan Canada

Submitted by Benoit's Martial Arts



A trio of athletes from Benoit's Martial Arts found victory at the Montreal Open International 2015 May 31. The tournament was held at the Claude Robillard Sports Complex in Montreal, Quebec.

Juliana Meandro competed in the female kata 10-11 brown belt division and won a gold medal.

Bradley Chaput competed in the elite male kata 14-15 division and won a silver medal.

Marissa Meandro competed in the elite female kata 14-15 division and won a bronze medal.





Sudbury karate athletes brought home a load of silverware from the Karate Ontario Grand Prix on June 14. (Back row L to R) Ethan Bubba, Bradley Chaput, Marissa Meandro, John Howard. (Middle row L to R) Melissa Wan, Juliana Meandro, Ryan DiSalle, Connor DiSalle. (Front row L to R) Duncan Smith, Isla Smith. Supplied photo.

Sudbury's karate kids did the city proud, bringing home an impressive medal haul from the Karate Ontario Grand Prix in Brampton on June 14.

The winners are as follows:

- Ethan Bubba - silver 12-13 elite kata
- Bradley Chaput - gold 14-15 elite kata and gold 16-17 elite kata
- Marissa Meandro - silver 14-15 elite kata and bronze 16-17 elite kata
- John Howard silver - 16-17 elite kata.
- Melissa Wan - silver kata and gold team kata
- Juliana Meandro - silver 12-13 elite kata
- Ryan DiSalle - gold kata,
- Connor DiSalle - gold kata, gold kumite and gold team kata
- Duncan Smith - gold kata and gold team kata,
- Isla Smith - gold kata and gold kumite



Sudbury, Ontario Canada – Bradley Chaput will travel to Bolivia at the end of August to take part in the Junior Pan American Karate Championships

Sudbury karate standout Bradley Chaput will be wearing his country's colours while heading to Santa Cruz, Bolivia for Junior Pan American Karate Championships which run Aug. 26 – 29.

He confirmed his spot on the Canada National Team during a training session in Toronto last weekend. The 14-year-old is a member at Benoit's Martial Arts in Sudbury and is having a tremendous run in 2015, most recently claiming a pair of gold medals at the Karate Ontario Grand Prix a month ago.

**Pan-American Games:
Karate Results**
Karate Competition:
July 23-25
At the Mississauga Sports Centre



Editor's Note: Mr. Craig Vokey of Goshukan Seiwa Kai Canada was the Sport Organizing Chairperson for Karate for the 2015 Pan Am Games.



Karate competition at the games was in kumite only. Forty-five nations are members of the Pan American Karate Federation, but only 14 nations qualified kumite athletes for the 2015 Pan American Games. Athletes from 13 of those nations metaled in the championships.

A total of eighty athletes, forty men and forty women, competed in Pan American Karate Championships. There were five kilo divisions for each gender, and each division was limited to eight competitors.

Karate Medal Standings by Country

Rank	Country	Gold	Silver	Bronze	Total
1	Brazil	3	0	2	5
2	Ecuador	2	0	2	4
3	Argentina	2	0	1	3
4	Dominican Rep.	1	3	0	4
5	United States	1	0	2	3
6	Peru	1	0	1	2
7	Venezuela	0	2	3	5
8	Canada	0	2	2	4
9	Chile	0	1	2	3
	Mexico	0	1	2	3
11	El Salvador	0	1	0	1
12	Cuba	0	0	2	2
13	Colombia	0	0	1	1

Seiwa Kai around the Globe

Portugal Seiwa Kai

Viseu Seminar May 29-31, 2015

By Leo Lipinski



Seiwakai Portugal held a SEIWAKAI EUROPE seminar for many Portuguese and International members of Seiwakai.

The seminar was organized by Abel Figureido in the city of Viseu and was extremely well attended with in excess of 170 participants ranging through a variety of ages and grade levels. As always, Abel's arrangements for everyone were fantastic.

Instructors at the seminar were myself, Paul Coleman from England and Rasto Mraz from Slovakia. There were many seniors in attendance from Portugal as well as other countries. The seminar was very intensive with many hours training Friday, Saturday and Sunday. Friday and Saturday included a lot of basic training as well as Kata instruction making sure all

members were following the same methods in training. Hard basic training plus explanations of how to perform Kihon and Kata correctly.

Kihon (basic) is the foundation for Kata and Kata provides us with many techniques for use in Kumite. This concept was stressed in the training. Our Goju makes much use of Kata techniques in the fighting.

Present in the training were many instructors and their students from Porto, Lisbon, Beja and other areas of Portugal as well as those local to Viseu. Some I had not seen since 2012 and I was very pleased to note that standards have been maintained.

I would like to make special mention about one of Portugal Seiwakai's most senior students, Jorge Pimenta. Jorge continues training and striving to improve in spite of having undergone a very difficult time health wise. He sets an example for all of us and especially for me. His courage and determination are amazing. I thank him for being at the seminar and congratulations for his 6th Dan.

Part of Saturday as well as Sunday were used to prepare participants to take part in Dan gradings. Preparation was in both in both Kihon and Kata.

We divided those testing into groups to practice Kata relevant to their test. We also practiced Sanchin and Tensho repeatedly.

Many in the group had a very high Kata level. This made teaching them very easy. What was really obvious was that students wanted to learn and trained very hard. Many were coming forward with questions which showed a strong interest in what they were doing.

Although testing for Seiwakai was on the Saturday night and JKF GOJUKAI testing on Sunday evening the real test was in the 3 days training. Testing and assessment is over the entire seminar.

My congratulations to all those who were successful, and my thanks to Seiwakai Portugal and Abel.

Seiwa Kai England Competition Team Submitted by Marie Tanabalan



Photo credits: Babu Miah

Here are the official photos from the JKF Goju Kai competition in Sardinia, Italy: 19 medals (6 gold, 10 silver, 3 bronze)

Kata Results: **GOLD** = Ishaan Tafazzul, Shanice Porter, Jake Moore, Marie Tanabalan. **SILVER** = Arianne Shaw, Indran Tanabalan. **BRONZE** = Orion Chatterjee.

Kumite Results: **GOLD** = Ishaan Tafazzul, Jake Moore. **SILVER** = Arianne Shaw, Orion Chatterjee, Sabiha Amin. **BRONZE** = Jasmine Leanne David.

Light continuous fighting Results: **SILVER** = Tyrique Porter x 2, Jade Green, Sabiha Amin, Ishaan Tafazzul. **BRONZE** = Tyrique Porter.

Congratulations and well done to everybody! Thank you to all the parents and coaches who supported the team, both here in England and in Italy.

Seiwa Kai Goshukan South Africa Submitted By Gary Mahnke



Our Goshukan athletes brought home some amazing results from the African Zone 6 International



On the July 10–12 weekend, Team Seiwa Kai Goshukan South Africa Elite fighters trained in a high intensity seminar by acclaimed Turkish fighting coaches, Haldun Alagas Sensei (3 times

WKF kumite world champion), Bahattin Kandaz Sensei (WKF world championship silver medalist fighter) and Sait Ucan Sensei. Together with South Africa coaches and selectors Ian Le Roux Sensei and Jody Young Sensei, we trained hard, long hours and learned valuable techniques and skills we can not only use to make our elite fighters even better but we will take these new techniques and tactics back to our dojos and pass them on to all our young upcoming fighters. A huge thank you to these wonderful and talented coaches for giving so joyfully of their vast knowledge and to everyone involved in making this seminar possible! Next stop Durban where Troy Futter Sensei will be continue learning from these incredible coaches!

Australia Seiwa Kai

Submitted by Glenn Stephenson



I visited Mrs. Tasaki and she is in good spirits. There was a Buddhist celebration on 16 to 19 July that she had to arrange flowers for, so we sat in the flower shop and talked about Tasaki Hanshi and his passion for karate.

I said a prayer and paid my respects to my coach and mentor.

London Seiwa Kai Seminar with Seiichi Fujiwara Hanshi

SEIWA KAI GOJU RYU INTERNATIONAL KARATE SEMINAR

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23-26th October 2015.
Bishop Douglass School,
Hamilton Road, East Finchley,
London, N2 0SQ.



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Seiichi Fujiwara Hanshi 8th Dan

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